

# CHECKLIST FOR A SUCCESSFUL RETURN TO SCHOOL

**Encourage parents to have an open discussion with their child to find out how they're feeling in the current situation.**

Are they stressed by the delay? Do they feel a bit lost because of the uncertainty of the next few months?

Don't hesitate to make use of the services available at school.

**Be open to students** so they feel comfortable asking questions and talking about any distress they may be experiencing.

**Refer them to psychology counselling** as soon as they exhibit signs they are having trouble.

**Be aware of the inequality that can exist between students.**

Practise patience and direct them to the appropriate psychological and/or academic help.

Leave your judgment at the door; seek to understand their reality.

**Offer parents a range of catch-up tools** for students that need more assistance.

Also provide young people with the opportunity to attend small tutoring groups.

Consult the Foundation's **free toolkits** and share them with parents of teens.